

SUMMIT INSIGHTS

Journal

**Menopause
Unplugged:
Real Talk, Real
Change Summit**

**Healthy Habits
Summit**

**Presented By
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Owner,
Fitness Is NOT A Game**



Hello and welcome to your personal journey with "Menopause Unplugged: Real Talk, Real Change." This journal is designed to enhance your experience at our summit, providing you with a structured space to capture key insights, reflect on your personal experiences, and plan actionable steps towards a healthier and more empowered stage of life.

How to Use This Journal

This journal is more than just a place for notes—it's a tool to help you actively engage with the content of the summit. Here's how to make the most of it:

- **During the Summit:** Use the dedicated sections to jot down important points, questions, and your immediate reactions to the discussions.
- **Before Each Speaker:** Take a moment to jot down specific questions you have about their topic so that you be sure to capture the information if it's discussed or ask the question during the live Q&A after.
- **Reflection Sections:** After each session, take a moment to answer the reflection questions. These are designed to help you think deeper about how the information applies to your life.
- **Action Plans:** At the end of each day, use the action steps pages to set practical goals based on what you've learned.
- **Post-Summit:** Return to your notes and reflections to revisit ideas and track your progress on the action steps you set.

This journal accompanies two pivotal events: the current "Menopause Unplugged" and the previously held "Healthy Habits Summit." Each summit addresses key aspects of health and wellness, tailored to your needs during menopause. The purpose of this journal is to bridge the gap between learning and doing. By recording your thoughts and plans, you're more likely to implement the valuable strategies our expert speakers share. It's your roadmap from insight to real-world change, ensuring that the wisdom you gain translates into tangible improvements in your daily life.

We hope this journal becomes a valuable resource as you navigate through these informative events and beyond, helping you to manage and thrive during menopause with confidence and knowledge.

Menopause Unplugged: Real Talk, Real Changes Summit

Dr. Mia Cowan

Dr. Mia Cowan, renowned as "Dr. Mia," is a leading gynecologist who blends medical expertise with practical advice to manage menopause symptoms effectively. Known for her relatable approach, she empowers women to embrace health changes with confidence.



Before the Session

What I Want to Know:

1. _____
2. _____
3. _____

During the Session

Notes

Reflection Questions:

1. How do Dr. Mia's suggestions align with my current health practices?

2. What were my initial thoughts on hormone replacement therapy before hearing her speak?

Action Steps:

- Define one lifestyle change I can implement this week based on Dr. Mia's recommendations.

- Consider scheduling a consultation to discuss hormone therapy options.

Dr. Michelle Clay

Dr. Michelle Clay is a holistic health counselor who specializes in stress management and natural wellness strategies during menopause. Her approach integrates holistic health practices with conventional medicine to provide comprehensive care.



Before the Session

What I Want to Know:

1. _____
2. _____
3. _____

During the Session

Notes

Reflection Questions:

1. Which of Dr. Michelle's stress management techniques resonated with me the most?

2. How can I incorporate more holistic practices into my daily routine?

Action Steps:

- Plan to try one of Dr. Michelle's recommended stress-relief techniques daily.

- Research additional natural supplements that might benefit my specific symptoms.

Dr. Rasheeda Hall

Dr. Rasheeda Hall is a specialist in hormonal health and weight management, particularly during menopause. With her expertise, Dr. Rasheeda provides practical solutions to manage weight gain associated with hormonal changes, helping women maintain a healthy lifestyle during menopause.



Before the Session

What I Want to Know:

1. _____
2. _____
3. _____

During the Session

Notes

Reflection Questions:

1. What new information did I learn about the impact of hormones on weight during menopause?

2. How can I apply Dr. Rasheeda's weight management strategies to my daily routine?

Action Steps:

- List a dietary change I will commit to for the next month to help manage my weight.

- Identify a daily physical activity that aligns with Dr. Rasheeda's recommendations.

Dr. LaFarra Young

Dr. LaFarra Young is a triple board-certified pathologist and a passionate advocate for using food as medicine, especially during menopause. She focuses on a gut-healing, anti-inflammatory diet to help manage menopause symptoms naturally.



Before the Session

What I Want to Know:

1. _____
2. _____
3. _____

During the Session

Notes

Reflection Questions:

1. How can I incorporate more anti-inflammatory foods into my meals?

2. What are the potential benefits of focusing on gut health for my menopause symptoms?

Action Steps:

- Plan a weekly menu that includes a variety of Dr. LaFarra's recommended anti-inflammatory foods.

- Research and potentially start a probiotic regimen to enhance gut health.

Healthy Habits Summit

Precious Bivings

Precious Bivings, also known as “Coach P,” is a dynamic mindset performance coach and motivational speaker who specializes in transforming challenges into triumphs. With a bold, no-nonsense approach, she empowers leaders and influencers to break through their limitations and achieve remarkable success. Her methods involve deep self-reflection and strategic action, inspiring her clients to "mash the gas" on their journey towards success. Coach P is also an author and the host of impactful events like MASHCon2020 and the MORE Retreat.



Notes

Reflection Questions:

1. What limiting beliefs do I currently hold that might be hindering my success?

2. How can Coach P's approach to 'mashing the gas' inspire changes in my own life strategies?

Action Items:

- Identify at least two specific limiting beliefs you want to challenge or change after listening to Coach P's insights.

- Create a "Mash the Gas" action plan with clear, achievable steps to accelerate your progress towards a personal or professional goal over the next month.

Nina Bryant – Chef Nina

Nina Bryant, known as Chef Nina, brings a wealth of culinary expertise and a passion for farm-to-table cooking. With a background as a 10-year military veteran, she has successfully transitioned into a respected personal chef and nutritionist, specializing in creating sustainable and healthy meals for families and high-profile clients alike. Chef Nina's approach focuses on educating others about the benefits of healthy eating and encourages creativity in the kitchen even during challenging times like the pandemic.



Notes

Reflection Questions:

1. How can the principles of farm-to-table cooking be incorporated into my daily meal preparation to enhance my family's health?

2. What can I learn from Chef Nina's journey about balancing personal passions with professional obligations?

Action Items:

- Plan a week's menu incorporating farm-to-table principles, focusing on local and seasonal ingredients.

- Set a goal to try one new recipe each week that pushes your culinary skills and adds variety to your diet, inspired by Chef Nina's teachings.

Marla Dornell-Leak

Marla Dornell-Leak, the visionary behind Marla Rene Skincare, pioneers non-toxic skincare solutions specifically crafted for women of color. Starting as a Certified Nursing Assistant and evolving into a skincare innovator, Marla's journey was deeply personal, driven by her experience caring for her mother. Her brand champions the use of safe, eco-conscious ingredients that not only promise to beautify the skin but also honor the health of its users. Marla's dedication is to empower women to make informed, safe skincare choices that reflect their strength and beauty without compromise.



Notes

Reflection Questions:

1. How does my current skincare routine align with the values of non-toxic and eco-conscious products?

2. What steps can I take to better educate myself about the ingredients in my skincare products?

Action Items:

- Audit your current skincare products to identify any potentially harmful ingredients and research safer alternatives.

- Commit to trying at least one product from Marla Rene Skincare or another non-toxic brand to see how switching to safer products can benefit your skin health.

Anika S. Goodwin

Dr. Anika S. Goodwin is a trailblazing ophthalmologist and oculofacial plastic surgeon who co-founded EYEmergencyMD, Inc., a pioneering telemedicine service focused on urgent eye care. With her subspecialty in the aesthetic and functional surgery of the eyes and surrounding structures, Dr. Anika has transformed the lives of thousands through her surgical expertise and innovative approaches to eye care. Her luxury beauty brand, OpulenceMD Beauty, combines high-end beauty solutions with a commitment to safety, reflecting her dedication to enhancing beauty without compromising health.



Notes

Reflection Questions:

1. How can I integrate more health-conscious beauty practices into my daily routine?

2. What steps can I take to prioritize eye health in my overall health care plan?

Action Items:

- Research and consider incorporating eye-safe beauty products into your routine, starting with Dr. Anika's OpulenceMD Beauty line.

- Schedule an eye exam if you haven't had one recently, using Dr. Anika's advocacy for accessible eye care as motivation to maintain or improve your ocular health.

Gwen Jimmere:

Insights into maintaining natural hair health efficiently.

Gwen Jimmere is a revolutionary force in the natural hair care industry. As the CEO of Naturalicious, she has not only developed innovative, time-saving products but



has also redefined what it means to care for natural hair effectively. Gwen holds the distinction of being the first African-American woman to receive a patent for natural hair care products. Her brand is celebrated for drastically reducing the time required for hair maintenance, transforming routines for thousands of women worldwide. Beyond her business achievements, Gwen is recognized as a leading authority on textured hair care, inspiring change and empowerment within the community.

Notes

Reflection Questions:

1. In what ways can I simplify or enhance my own hair care routine based on Gwen's innovations?

2. How does Gwen's story inspire me to challenge the norms in my own area of influence or interest?

Action Items:

- Explore Naturalicious products to see how they might fit into your personal hair care regimen.

- Identify a process or routine in your life that could benefit from innovation or efficiency improvements, inspired by Gwen's approach to hair care solutions.

Dr. Pamela J. Middleton

Dr. Pamela J. Middleton, affectionately known as Dr. Pam, is a distinguished physician and advocate for holistic health and wellness. With a robust background in both traditional medicine and holistic approaches, Dr. Pam has dedicated her career to integrating natural health



solutions with conventional medical practices. Her credentials include a medical degree and pediatric residency, complemented by certifications in Clinical Homeopathy and Practical Applied Nutrition. Dr. Pam is not only a renowned speaker and bestselling author but also a dynamic wellness coach who provides telemedicine and consultative services, actively promoting a comprehensive approach to health.

Notes

Reflection Questions:

1. How can I incorporate holistic health principles into my current healthcare regimen?

2. What are some natural remedies that I am curious about and would like to learn more from Dr. Pam?

Action Items:

- Research and possibly integrate one holistic practice recommended by Dr. Pam into your daily routine.

- Reach out for a consultation or explore Dr. Pam's online resources to deepen your understanding of holistic health.

Dr. Ro

Dr. Ro is an acclaimed nutrition coach with over two decades of experience in helping individuals, particularly busy executives, achieve their weight loss goals and conquer challenges like emotional eating and sugar cravings. Renowned for her dynamic approach to nutrition and wellness, she hosts the "Dr. Ro On Demand Health & Mindfulness Podcast" and has authored the successful book, *Lose Your Final 15*. Dr. Ro's influence extends across various platforms; she has been recognized as one of the top nutritionists in the nation and has made significant contributions as a columnist and member of advisory boards related to health and nutrition.



Notes

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Reflection Questions:

1. What specific dietary changes could I implement to overcome challenges like sugar cravings or emotional eating, based on Dr. Ro's advice?

2. How can I better incorporate mindfulness into my eating habits to enhance my overall wellness?

Action Items:

- Commit to tracking your food intake and emotional state for one week to identify triggers and patterns, as suggested by Dr. Ro.

- Choose one of Dr. Ro's recommended strategies or recipes to incorporate into your meals for the next month.

Dr. Geoffrey Mount Varner

Dr. Geoffrey Mount Varner is a seasoned emergency medicine specialist with two decades of experience in saving lives and shaping health care policies. As the founder of Lifeline Medical, LLC, Dr. Varner collaborates with hospitals and health-related companies to enhance emergency medical services. His extensive career includes pivotal roles such as the medical director for Washington, D.C. and chair of Emergency Medicine at Howard University Hospital. Dr. Varner's commitment extends beyond the hospital walls; he is deeply involved in community health initiatives and advocacy, especially focused on disadvantaged groups. He is also an accomplished author and a dedicated athlete, participating in marathons and triathlons across the country.



Notes

Reflection Questions:

1. How can the principles of emergency medicine be applied to everyday health and safety in my community?

2. What steps can I take to improve my personal and family preparedness for health emergencies?

Action Items:

- Research and enroll in a basic first aid and CPR course to enhance your ability to respond in emergencies, inspired by Dr. Geoffrey's expertise.

- Create or update your home and vehicle emergency kits, incorporating advice from Dr. Geoffrey's experiences and guidelines.

Kimi Walker

Kimi Walker is a multifaceted professional who combines her expertise in school psychology with her passion for fitness and wellness coaching. As a graduate of Florida A&M University with an Education Specialist degree in School Psychology, Kimi has dedicated her career to supporting individuals in achieving their educational and personal goals. Her holistic approach integrates mental wellness with physical health, emphasizing the importance of maintaining balance and accountability. Kimi's experiences in making significant life changes have informed her unique perspective on setting and achieving goals, even in the face of challenging, busy schedules.



Notes

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Reflection Questions:

1. What are some barriers I currently face that hinder my ability to achieve my personal and professional goals?

2. How can I apply Kimi's principles of accountability and wellness to enhance my daily productivity and overall well-being?

Action Items:

- Identify one personal and one professional goal you wish to achieve in the next six months. Outline specific, actionable steps based on Kimi's strategies.

- Schedule regular check-ins with yourself or an accountability partner to monitor your progress and adjust your plans as needed.

Stephanie Williams-Johnson

Stephanie Williams-Johnson is a vibrant vegan influencer and advocate known for her engaging social media presence and her blog, "Vegan, What?" Born and raised in California, Stephanie has embraced veganism for over eight years, sharing her journey and inspiring others to explore a plant-based lifestyle. Her mission is to demystify veganism and make it accessible and appealing to the everyday person. Through her ebooks, apparel, and tailored meal plan services, Stephanie offers practical solutions that encourage others to adopt healthier eating habits for longevity and familial well-being.



Notes

Reflection Questions:

1. What misconceptions do I have about veganism that might be holding me back from exploring it further?

2. How can incorporating more plant-based meals benefit my health and the environment?

Action Items:

- Try one new vegan recipe from Stephanie's blog or social media each week to gradually introduce plant-based meals into your diet.

- Consider documenting your experience with these recipes to reflect on changes in your health, preferences, and cooking skills.

Gratitudes and Affirmations

In this journey through menopause, some days may feel heavier than others. It's on these days that we need to remind ourselves of the little and big things that bring us joy, peace, and strength. Below, you'll find gratitudes to reflect upon and affirmations to declare—tools to uplift your spirits and reinforce your resilience. Keep this page handy, and turn to it whenever you need a pick-me-up or a moment of reflection.

Gratitudes

1. I am grateful for the wisdom that comes with each year of life.
2. Today, I appreciate my ability to laugh and find joy, even in small moments.
3. I am thankful for the quiet mornings and peaceful evenings that provide me solace.
4. Grateful for the lessons each challenge teaches me.
5. I cherish the love and support from friends and family that brighten my days.
6. Thankful for my health and the ability to nurture it each day.
7. I appreciate the newfound hobbies that menopause has inspired me to pursue.
8. Grateful for my strength to face changes and adapt with grace.
9. I am thankful for medical professionals who listen and offer genuine help.
10. Grateful for the access to information that empowers me to make informed choices.
11. I appreciate every moment of restful sleep and the energy it brings.
12. Thankful for the community of women who share their journeys and wisdom.
13. I cherish my capacity for empathy and understanding towards others and myself.
14. Grateful for the small victories in managing symptoms and finding balance.

15. Thankful for the sense of accomplishment that comes from nurturing my well-being.

Affirmations

1. I am in control of how I navigate through my menopause journey.
2. Each day, I am filled with energy and optimism.
3. I trust in my body's wisdom and respond with kindness.
4. I embrace changes with an open heart and a curious mind.
5. My happiness is a reflection of my inner health and peace.
6. I am surrounded by love, and I allow it to heal and comfort me.
7. Every challenge is an opportunity to grow stronger and more resilient.
8. I am deserving of self-care and I prioritize it joyfully.
9. My thoughts are filled with positivity and gratitude.
10. I inspire those around me through my journey and experiences.
11. I am a beacon of strength and courage for myself and others.
12. My voice matters, and I speak my truth with confidence.
13. I find new joys and passions in every stage of life.
14. I am empowered to make the best decisions for my health.
15. I celebrate my body, my spirit, and the unique journey I am on.

Utilize this page to remind yourself of your strengths and blessings. Each gratitude and affirmation is a step towards embracing and enjoying your journey, even on the most challenging days.

Conclusion

As we close the pages of this journal, take a moment to reflect on the journey you've embarked upon through the "Menopause Unplugged: Real Talk, Real Change" and the "Healthy Habits Summit." Each speaker, each session, and each page was designed to not only provide insights but also to inspire action and transformation in your life.

Embrace Your Journey

You've gathered knowledge from leading experts on everything from menopause management and holistic health to nutrition and personal wellness. Remember, the path to wellness is not always linear. It's filled with ups and downs, trials and triumphs. Each step you take is a part of a larger journey towards a healthier, more fulfilled you.

Carry Forward Your Commitments

What commitments did you make to yourself throughout this journal? Whether it's incorporating more plant-based meals into your diet, adopting a new fitness routine, or practicing mindfulness to manage stress—keep those commitments at the forefront of your daily life. Let them guide you, motivate you, and remind you of the progress you're capable of achieving.

Lean on Your Community

Remember, you are not alone on this journey. The community you've connected with during these summits can be a source of continuous support and inspiration. Engage with them, share your successes and challenges, and grow together.

Revisit and Renew

Regularly revisit this journal. Each time you do, you may discover new insights or remind yourself of forgotten wisdom. As you evolve, so too will your understanding and application of the knowledge you've gathered here.

Affirm Your Growth

Lastly, make use of the gratitudes and affirmations provided in this journal. On days when you need a boost or a reminder of your worth and strength, turn to these pages. They are a source of light and positivity designed to lift you up and propel you forward.

You have equipped yourself with invaluable knowledge and insights that span a wide array of topics, all integral to your wellness journey. Take pride in the steps you've taken so far and look forward to those yet to come. You are empowered, informed, and inspired to continue making choices that enrich your life and well-being.

Thank you for allowing us to be a part of your journey. Here's to continuing to grow, learn, and thrive together!